

**MPRB and Capital City Football Leagues
2008
CROSS-OVER GAMES Rules**

11/12U

Age Guidelines

MPLS: (9-1-96 through 9-1-98) A 6th grader during the 2008-09 school year with a birth date June 1st through August 31st 1996 is eligible for this division

ST PAUL: Player's age on December 31, 2008 determines the level of play

Playing Rules

Weight limits

MSP-HUB: 125 lbs weight limit for skill position players

Definition of a skill position player:

Offense - Quarterback, running backs, tight ends, wide outs

Defense - Linebackers, d-backs

Time Limits

MSP-HUB:

12 minute running time with stop time last four minutes of each half

Mercy rule goes into effect at 28 points

Defense and Offense

MSP-HUB:

- 1) Unbalanced lines are allowed on offense
- 2) Defense may have a maximum of 7 defensive players on the line of scrimmage. Defensive backs may lineup on a receiver who is split out. If this is the case they will be counted as one of the 7 on the line.
- 3) Offense and Defense may have up to 5 non ball carriers on the field at a time. They must be lined up from tackle to tackle in a down position
- 4) Defensive ends must be head-up or on the outside shoulder of the offensive tight-end and DO NOT need to be within ball carrier weight
- 5) Linebackers must play 3 yards behind the line of scrimmage. They may not move forward until the ball is snapped although they may move laterally to react to a man in motion. Exception: Defense may place 11 men on line of scrimmage only inside its own 5 yard line and they ALL can be of non-ball carrier weight
- 6) Non-ball carriers will have their helmets striped
- 7) PAT – 2 points for pass and 1 point for run
- 8) Turnovers – any player may advance the ball. However, players over the weight limit may not lateral the ball or be “lateraled” to
- 9) Kickoff - all players over the weight limit must line up on the 45 yard line/frontline. Any player may advance the ball. However, players over the weight limit may not lateral the ball or be “lateraled” to.
- 10) Coaches can not be on the field

**MINIMUM PLAYS = 5 plays
BALL SIZE = intermediate ball**

13U/14U

Age Guidelines

MPLS: (9-1-94 through 9-1-96) An 8th grader during the 2008-09 school year with a birth date June 1 – August 31 1994 is eligible for this division

ST PAUL: Player's age on December 31, 2008 determines the level of play & all 14 year olds must be in the 8th grade. No 9th grade 14 year olds allowed!

Playing Rules

Weight Limits

MSP-HUB: 150 lbs for skill position players

Definition of a skill position player:

Offense - Quarterback, running backs, tight ends, wide outs

Defense - Linebackers, d-backs

Time Limits

MSP-HUB:

12 minute run-time quarters with four minute stop time at the end of each half.

Mercy rule – goes into effect at 28 points

Two time outs per half

Defense and Offense

MSP-HUB:

- 1) **Unbalanced lines are allowed**
- 2) **Defense may have a maximum of 7 defensive players on the line of scrimmage and can be in the gaps. Any defensive player within three (3) yards of LOS is considered to be on the LOS**
- 3) **Offense and Defense may have up to 5 non ball carriers on the field at a time. They must be lined up from tackle to tackle in a down position**
- 4) **Defensive ends may play in the gaps and DO NOT need to be within ball carrier weight**
- 5) **Linebackers must play 3 yards behind the line of scrimmage. They may not move forward until the ball is snapped although they may move laterally to react to a man in motion. Exception: Defense may place 11 men on line of scrimmage only inside its own 5 yard line and they ALL can be of non-ball carrier weight**
- 6) **Non-ball carriers will have their helmets striped**
- 7) **PAT – 2 points for pass and 1 point for run**
- 8) **Turnovers – any player may advance the ball. However, players over the weight limit may not lateral the ball or be “lateraled” to**
- 9) **Kickoff - all players over the weight limit must line up on the 45 yard line/frontline. Any player may advance the ball. However, players over the weight limit may not lateral the ball or be “lateraled” to**

MINIMUM PLAYS = 4 plays
BALL SIZE = intermediate ball